

Scott Spouses Newsletter

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IDS Creates Single-Point Access for Base Helping Agencies

Life's problems are often complicated. For example, a person experiencing financial problems can develop emotional stress which can lead to medical symptoms resulting in poor duty performance. Another person experiencing relationship problems might abuse alcohol causing poor duty performance and administrative consequences leading to thoughts about suicide.

When tough problems like these arise, it's difficult to determine which problem or symptom needs to be addressed first – and who to see for help. Would you want to visit a chaplain, or maybe the people at the Life Skills Support Center? If the issue involves a family member, is it best to see the people at the Family Support Center or the Family Member Programs Flight?

There are a number of helping agencies here at Scott Air Force Base established to assist people in resolving their problems. However, it can be sometimes be difficult for people to know which office to contact.

That's the reason the Air Force has developed a local Integrated Delivery System at each base. The IDS is a gathering of helping organizations on base whose sole purpose is to help the Team Scott community.

"The Scott AFB IDS is dedicated to enhancing the spiritual, emotional, mental, and physical wellness of Air Force members, families, and our community," said Dr. Cindy Doil, 375 AW School Liaison Officer and member of the IDS.

"We do this by combining and coor-

dinating the efforts of all base helping agencies, identifying the needs in our community, establishing new services or programs as needed, and by collaboratively marketing available services," she said. "The IDS team operates from a strength-focused approach – using local resources, the entire base community is extremely resilient and capable of helping one another."

According to the IDS chairperson, Ms. Ella Duncan, the IDS serves as a virtual base agency coordinating the efforts of the many helping agencies. As an arm of the Wing Commander, the IDS reports the pulse of the community and ensures that services are offered to meet all community needs and reduce or eliminate duplication of effort.

Members of the IDS include representatives from the Air National Guard, Base Chapel, Family Advocacy, Family Support Center, Family Member Program Flight (child and youth services), First Sergeants Council, Health and Wellness Center, Health Care Integrators, Life Skills Support Center, the Reserves, School Liaison Officer, Security Forces, and Substance Abuse Services.

The members of the IDS are committed to reaching out to the Scott community, and making it easier for the base populace to reach them. One of the most important facets of their outreach program is the creation of a 24-hour information line. "The 256-HELP (4357) line will assist you in finding the

resources you need when you need them," Dr. Doil said. "This help line centralizes access to the people who can help you achieve physical, mental, and/or spiritual wellness."

While the phone line is a 24/7 contact point, IDS officials stress that it is for information only. People with immediate needs involving emergency situations should call 911 for assistance.

"During duty hours you have the choice of either being connected directly to an on-base helping agency or to an off-base, 24 hour, 7-day a week helping agency for sexual assaults, domestic violence, child abuse, or suicide," Ms. Duncan said. "Outside duty hours, you can leave a message for the appropriate on-base helping agency or choose the option that directly connects you with a crisis hotline worker dealing with these issues."

The information provided by the IDS can also be important for people not directly in need of help and support. Friends, families, supervisors and co-workers can contact the

IDS to help find support for other people around them who may be afraid to call and ask for help.

"There are many resources available and many talented, trained professionals who are available to help our people here at Scott," Dr. Doil said. "We really want people to use the IDS to make the connection and get the help they need."

*By Master Sgt Don Perrien
375th AW Public Affairs*



**Integrated Delivery System 24-Hour Information Line
256-HELP**

American Airlines Extends Special Fares for Military Personnel

FORT WORTH, Texas, Jan. 12 / PRNewswire-FirstCall/—American Airlines today announced it is extending into June several special offers available exclusively for active-duty members of the U.S. military, including discounted fares and Group One Boarding privileges.

In addition, American is reducing the minimum stay requirement on its discounted military fares from Saturday night to only one night, making it even easier for military personnel and their families to qualify for a reduced fare.

"U.S. servicemen and women, and their families, continue to make enormous sacrifices to promote the causes of freedom and security," said Dan Garton, American's Executive Vice President of Marketing. "We appreciate all they are doing, and hope these special offers help in bringing military families together with loved ones."

American is now allowing travel on these special fares through June 5, 2005, (except Europe, Latin America and Japan, where travel is valid through May 31, 2005). Active-duty members of the U.S. Air Force, Army, Coast Guard, Marines, Navy, National Guard and Reserves who are on leave or furlough (including those who are traveling within seven days of discharge from active service), and their spouse and dependent children are eligible for these fares. The special military fares are available for travel to domestic and various international destinations.

Here are samples of American's great low fares for the U.S. military. Fares shown are each way, based on a round-trip purchase:

UNITED STATES City Pair Fare Each Way*

- ➔ Atlanta - St. Louis+ \$81
- ➔ Boston - El Paso \$131
- ➔ Dallas/Fort Worth - Colorado Springs \$119
- ➔ Dallas/Fort Worth - Norfolk \$134
- ➔ Dallas/Fort Worth - Sacramento \$124
- ➔ Dallas/Fort Worth - San Diego \$139
- ➔ Nashville - New York LaGuardia+ \$95

➔ New York LaGuardia - Oklahoma City+ \$142

➔ New York LaGuardia - Omaha+ \$122

➔ St. Louis - Washington Reagan National+ \$101

* Fares shown are each way based on a round-trip purchase for Economy Class travel, and are in U.S. dollars. Fares are valid for travel through June 5, 2005. Fares do not include government-imposed taxes and fees.

+ Travel may be on American Airlines or American Eagle / AmericanConnection(R).

INTERNATIONAL, PUERTO RICO AND U.S. VIRGIN ISLANDS City Pair Fare Each Way*

➔ Boston - London Heathrow \$221

➔ Chicago O'Hare - Frankfurt, Germany \$275

➔ Dallas/Fort Worth - Buenos Aires, Argentina \$378

➔ Fort Lauderdale - San Juan, Puerto Rico \$245

➔ Los Angeles - Montego Bay, Jamaica \$296

➔ Miami - Madrid, Spain \$221

➔ New York Kennedy - St. Maarten, Neth. Ant. \$275

➔ St. Louis - Cancun, Mexico \$185

➔ San Francisco - San Jose, Costa Rica \$250

➔ San Jose, Calif. - Tokyo Narita \$275

* Fares shown are each way based on a round-trip purchase for Economy Class travel, and are in U.S. dollars. Fares are valid for travel through June 5, 2005, (May 31, 2005, for Europe, Latin America and Japan). Fares do not include government-imposed taxes and fees. Travel arrangements can be made at American Airlines ticketing locations or by calling American's reservations number at 1-800-433-7300 (en Espanol 1-800-633-3711) within the United States and Canada. Outside the United States and Canada, call the local reservations number. Military ID must be presented at the time of airport check-in. These military fares are not available via the Internet. Other restrictions apply. For

complete rules and restrictions, see the terms and conditions below.

Along with the special fares, American is also inviting uniformed military personnel to pre-board with First-Class passengers, or at any time during the boarding process. The boarding announcements were modified nearly a year ago and American plans to continue this service as a thank you to U.S. troops.

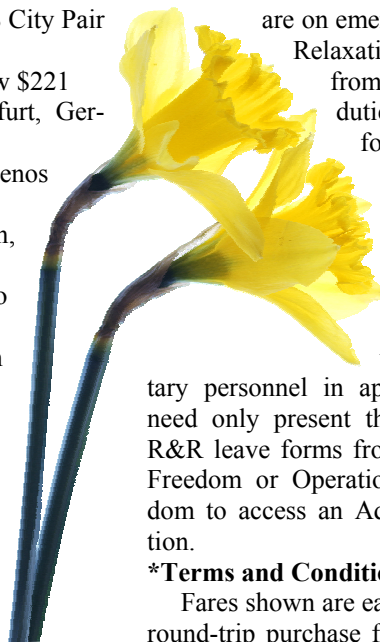
In addition, U.S. military men and women who are participating in Operation Iraqi Freedom or Operation Enduring Freedom are welcome to be American's guests at Admirals Club facilities worldwide between flights when they are on emergency or Rest and Relaxation (R&R) leave from their overseas duties. This invitation for complimentary access has been extended through June 5, 2005, at all airport locations that do not have USO facilities. Eligible military personnel in appropriate uniform need only present their emergency or R&R leave forms from Operation Iraqi Freedom or Operation Enduring Freedom to access an Admirals Club location.

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*Terms and Conditions

Fares shown are each way based on a round-trip purchase for Economy-Class travel, and are in U.S. dollars. Fares shown are valid for travel all days of the week. Fares are subject to change without notice. International fares are subject to government approval.

Fares do not include (a) a federal excise tax of \$3.20 per U.S. domestic flight segment (including Puerto Rico/U.S. Virgin Islands), defined as one takeoff and landing, of a passenger's itinerary; (b) up to \$18 per round trip in local airport charges; and (c) September 11th Security Fee of \$2.50 per enplanement originating at a U.S. airport, up to \$5 per one way or \$10 per round trip. For international and Puerto Rico/U.S. Virgin Islands destinations, government taxes and fees of up to \$125, varying by



Special Fares, continued from page 2

destination, are not included and may vary slightly depending on currency exchange rates at the time of purchase.

Advance purchase requirements do not apply, but ticketing must occur within 7 days of making reservations.

Fares are valid for travel through June 5, 2005, except Europe, Latin America and Japan, where travel is valid through May 31, 2005. A one-night minimum stay is required and a 30-day maximum stay is allowed.

Advertised fares are valid only on American Airlines, American Eagle, and AmericanConnection(R) and do not apply to other codeshare flights. Seats are limited. Fares may not be available

on all flights. Schedules are subject to change without notice.

Fares are nonrefundable and non-transferable. Changes to your ticket may be made if you cancel your reservation before the original departure time, meet the restrictions of the new fare, and pay any fare difference. If you do not cancel your flight before departure time, the ticket has no value. Unused tickets are valid for one year from the date of issue of the original ticket.

A portion of or all travel may be operated by American Eagle, American's regional airline affiliate, or by AmericanConnection(R) (Chautauqua Airlines, Corporate Airlines, or Trans

States Airlines). American Eagle and AmericanConnection are registered trademarks of American Airlines, Inc.

American Airlines, AAdvantage, and AA.com are registered trademarks of American Airlines, Inc. American Airlines reserves the right to change the AAdvantage program at any time without notice and to end the AAdvantage program with six months' notice.

Excerpted from Forbes online, available at http://www.forbes.com/feeds/prnewswire/2005/01/12/prnewswire200501121448PR_NEWS_B_SWT_DA_DAW029.html.

Aerospace Education Foundation Offers Spouse Scholarships

Objective

The Air Force Spouse Scholarship program is designed to encourage Air Force spouses worldwide to pursue associate/bachelor undergraduate or graduate/postgraduate degrees.

Requirements/Evaluation Criteria

- The applicant must be a spouse of Air Force Active Duty, Air National Guard or Air Force Reserve to be eligible. Spouses who are themselves Air Force members, or in ROTC, are not eligible.
- Include an original or copy of your most recent college/university transcript or a report card from your last semester verifying your minimum 3.5 (CUMULATIVE) GPA or higher. If submitting transcript printed on-line, transcript MUST have your name.
- Proof of acceptance into a regionally accredited community college/college/university. This may consist of a short letter on college/university stationery from either the admissions office or the registrar. A class registration payment/receipt stating that you are currently enrolled is also acceptable. You

must be attending classes in the current academic year.

- In a two page double-spaced essay, describe your academic and career goals and the motivation which led you to this decision. Describe how Air Force and other local community activities in which you are involved will enhance your goals.
- The two letters of recommendation should be character references and descriptions of performance and potential as a student, employee or volunteer. A letter of endorsement from the local AFA Chapter would be welcomed and encouraged. The two letters must be from different sources. Letters from previous or present professors, employers, and volunteer organizations referencing work you have done (church, sports, school, hospital, etc.) are encouraged.



Please BE SURE to include information on which major command spouse belongs to.

- You will be required to provide us with information requested on a feedback form six months after the scholar-

ship is awarded.

Scholarship Allocation

- Scholarships are awarded in May.
- \$1,000 Stipend.
- Scholarships may be used to pay for any reasonable cost related to pursuing a degree. This would include tuition, books, and any remaining money can be used to pay for either transportation or childcare costs.

Guidelines

- Applicants who have received the Spouse Scholarship in the past are not eligible.
- This scholarship is open for all academic programs.
- Undergraduate students must be enrolled with a minimum of 6 credit hours when the scholarship is awarded in May. Graduate and post-graduate students must be enrolled in a minimum of 3 credit hours.

This scholarship is offered by the Aerospace Education Foundation, a 501 (c)(3) non-profit educational charity promoting aerospace excellence. **The deadline to apply is 31 March 2005.**

For more information, or to download an application, please visit the Spouse Scholarship Guidelines webpage at <http://www.aef.org/aid/spouse.asp>.

5 Steps to Achieving Your Goals

1. Set realistic and attainable goals

Don't set yourself up for failure by setting unrealistic goals that contain absolutes, i.e. "I will never do this again" or "I will completely stop in 2 months." Try and set goals that you are willing to commit to and that are attainable. So instead of saying "I will never eat another cookie again" consider limiting your cookie intake each week.

2. Make sure this is your goal and not someone else's goal

How often have you heard someone say: "My wife wants me to quit smoking" or "My husband thinks I should lose 20 pounds?" Yes, maybe you do need to quit smoking or lose some weight, but are you ready to do that now? If you are not truly committed to making this change, your motivation to work toward this goal will be low.

3. Stick with winners

If you are trying to lose weight, don't hang around people with bad eating habits or people who refuse to respect your commitment. This will only sabotage your efforts. Instead, seek out others who have successfully achieved a similar goal and pick their brains for tips that will help in your effort.

4. Get help from others

You don't have to do it all by yourself. Get help from family, friends or co-workers. Consider joining a group or taking a class with others who have similar goals. A little encouragement from others can go a long way.

5. The 3rd time is a charm

Change doesn't happen in a day, especially if you have been engaging in a bad habit for many years. Don't give up if you are not successful the first try. Sometimes it takes 3 or more tries to become successful.

*Capt Elaine Harris
Clinical Social Worker, Life Skills*



Helpful Websites



Operation Comfort

<http://www.operationcomfort.com/index.php>

Our mission is to create a nationwide network of mental health providers and agencies to donate their services, free of charge, to family members who have a loved one serving in the Middle East.

Operation Comfort will allow therapists the opportunity to be of service to a population in great need of support. At this time, the families of soldiers are a unique and diverse community, all struggling with similar concerns, anxieties, and life stressors. Operation Comfort is an inclusive organization of psychologists, marriage and family therapists, licensed professional counselors, and social workers, all of whom are donating their time and expertise to provide meaning, understanding, and comfort. Therapists and family members alike are invited to participate in this collaborative effort to maintain community and connection in this time of uncertainty and heartache.

Here's to the Heroes

<http://www.herosalute.com/cavatx/index.html>

Anheuser-Busch is honored to salute the men and women of our armed forces and their families. Throughout 2005, members of the military and as many as three direct dependents may enter Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with complimentary admission.

Offer includes one complimentary single-day admission per person for active duty military, active and ready reservists, National Guardsmen, Coast Guard and/or up to three direct dependents. Offer valid between 7 February and 31 December 2005. Operating days and hours vary by park. Please check with specific park for current operating schedule.

Expeditionary Family Event Calendar for March 2005

Date	Event & Time	Location	Phone
1	Comm. Youth Transition & Education Council, 1:00 pm	375AW Conference Room	256-9595
3	Family Reading Night (Dr. Seuss' Birthday), 6:30 pm	Library	256-5100
4	Brown Bag Reunion Lunch, 11:30 am-12:30 pm	Family Support Center	256-8668
8	Enlisted Spouses' Club Meeting, 7:00 pm	Hospital Dining Hall (basement)	233-4690
9	Officers' Spouses' Club Meeting, 10:30 am	Scott Club	746-4033
11	Give Parents a Break, 6:00-10:00 pm	Child Development Center & Youth Center	256-8668
14	Kids Klub, 5:00-7:00 pm	Scott Club	744-1333
15	Book Discussion Group, 6:30 pm	Library	256-5100
16	Free Crocheting Demo & Workshop, 12:00-2:00 pm	Family Services (bldg. 4141, by Airmen's Attic)	256-3616
17	St. Patrick's Day Party, 5:00-7:00 pm	Family Support Center	256-8668
17	Key Spouse Meeting, 6:00 pm	Family Support Center	256-8668
26	Hearts Apart Breakfast, 8:00-9:00 am	Nightingale Inn Dining Facility (near dorms)	256-8668

Note: Events in bold are specifically Expeditionary Family Events

This newsletter is a product of the Scott AFB Integrated Delivery System (IDS) Team.
Find more helpful information online at <http://public.scott.amc.af.mil/review/integrated/index.cfm>.